

HELP ENSURE OKLAHOMA'S BABIES AND ARE HEALTHY AND SAFE



- Encourage and support a woman's healthy choices
- Be healthy before and between pregnancies
- Quit smoking
- Get tested and treated for sexually transmitted diseases
- Have a full-term pregnancy (about 40 weeks)
- Know the signs and get help for postpartum depression
- Avoid exposure of you and your baby to secondhand smoke and tobacco products
- Place baby on his or her back to sleep
- Breastfeed your baby
- Watch baby at all times
- Keep your cool when baby will not stop crying

To learn more, visit <http://iio.health.ok.gov>
and talk with your health care provider.



Preparing
for a
Lifetime
It's Everyone's Responsibility




Oklahoma State
Department of Health
Creating a State of Health